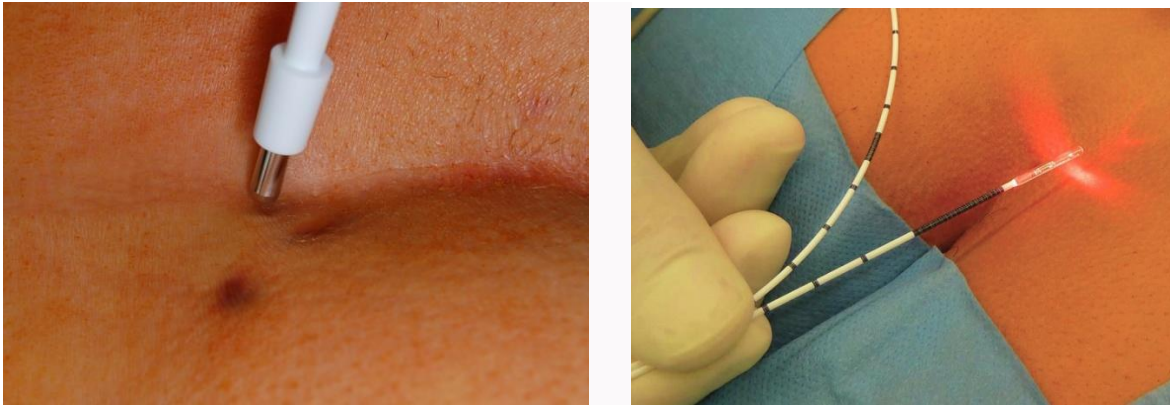


Coccyx Fistula (Sinus Pilonidalis) : Pit-Picking with Laser



Coccyx Fistula (Sinus Pilonidalis)

A coccyx fistula (sinus pilonidalis) is a chronic inflammatory condition affecting the buttock cleft in the coccyx region. The exact causes of coccyx fistulas are not fully understood. In cases of chronic disease, surgical treatment is usually required.

Conventional Surgical Procedures

Traditional surgical options include excision with open wound healing, Limberg rhomboid excision with flap coverage, and Karydakis elliptical excision of the skin. These procedures are relatively extensive and are typically associated with wound healing times of several weeks.

Minimally Invasive Treatment: Pit-Picking with Laser

A modern, minimally invasive alternative is the **pit-picking laser procedure**. This is a minor surgical intervention performed on an outpatient basis under local anesthesia and usually takes about **20 minutes**.

Before the procedure, the extent and course of the fistula are assessed using ultrasound imaging. The visible skin openings ("pits") are excised under local anesthesia using a skin punch to gain access to the fistula tracts. The tracts are then cleaned and irrigated.

Subsequently, the fistula tracts are treated with a special **diode laser fiber**, which carefully ablates the inflamed fistula tissue and ingrown hair roots.

The reported **cure rate is approximately 80–90%**.